## **AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1-20. (Cancelled)

21. (New) An insole construction for footwear comprising a base member;

an intermediate member formed of a foam and having an upper surface and a plurality of raised cushioning elements on said upper surface thereof; and

a flexible cover member surrounding said intermediate member to conform substantially to the shape of said upper surface and the plurality of raised cushioning elements thereof, said cover member extending beneath said base member;

said raised cushioning elements having a height of approximately 6 millimeters above the upper surface of said intermediate member and being substantially uniformly spaced on said upper surface at a spacing of approximately 10-30 millimeters.

- 22. (New) The insole of claim 21, wherein said base member is substantially flat and flexible.
- 23. (New) The insole construction of claim 22, wherein said base member is provided with a plurality of perforations to increase the flexibility thereof.
  - 24. (New) The insole construction of claim 21 wherein said foam is polyurethane foam.
- 25. (New) The insole construction of claim 21, wherein said intermediate member has a thickness of approximately 6 millimeters.
- 26. (New) The insole construction of claim 21, wherein said cover member is perforated.

27. (New) An insole construction for footwear comprising:

a relatively flat, flexible base member;

an intermediate member formed of a foam, and having an upper surface and a plurality of raised cushioning elements spaced on said upper surface thereof, said intermediate member having a thickness of approximately 6 millimeters, and said raised cushioning elements having a height of approximately 6 millimeters above the upper surface of said intermediate member; and

a flexible cover member surrounding said intermediate member to conform substantially to the shape of said upper surface and the plurality of raised cushioning elements thereof; said cover member extending beneath said base member.

- 28. (New) The insole construction of claim 27, wherein said raised cushioning elements are generally curved in shape and are spaced at approximately 10-30 millimeters from each other.
- 29. (New) The insole construction of claim 28, wherein said flexible cover member is perforated and is secured to said base member.
  - 30. (New) The insole construction of claim 29, wherein said base member is perforated.
- 31. (New) The insole construction of claim 27, wherein said base member comprises soft, compressible inserts in the front and rear portions thereof to provide additional cushioning for the foot of the wearer.
  - 32. (New) An article of footwear, comprising:

an outsole; and

an insole construction mounted on said outsole and comprising a base member, an intermediate member, and a cover member;

said intermediate member being formed of a foam and having an upper surface and a plurality of raised cushioning elements on said upper surface thereof; and

said cover member being flexible and surrounding said intermediate member to conform substantially to the shape of said upper surface and the plurality of raised cushioning elements thereof, said cover member extending beneath said base member;

said raised cushioning elements having a height of approximately 6 millimeters above the upper surface of said intermediate member and being substantially uniformly spaced on said upper surface at a spacing of approximately 10-30 millimeters.

- 33. (New) The footwear article of claim 32, wherein said intermediate member is approximately 6 millimeters in thickness.
  - 34. (New) The footwear article of claim 32, wherein an upper is secured to said outsole.
- 35. (New) The footwear article of claim 32, wherein said outsole has perforations in the upper surface thereof.
- 36. (New) The footwear article of claim 32, wherein said outsole has an upstanding rim surrounding said insole construction.
  - 37. (New) An article of footwear, comprising:

an outsole; and

an insole construction mounted on said outsole and comprising a base member, an intermediate member, and a cover member;

said intermediate member being formed of foam and having an upper surface and a plurality of raised cushioning elements on said upper surface thereof; and

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said cover member being flexible and surrounding said intermediate member to conform substantially to the shape of said upper surface and the plurality of raised cushioning elements thereof, said cover member extending beneath said base member;

said intermediate member having a thickness of approximately 6 millimeters, and said raised cushioning elements having a height of approximately 6 millimeters above the upper surface of said intermediate member.